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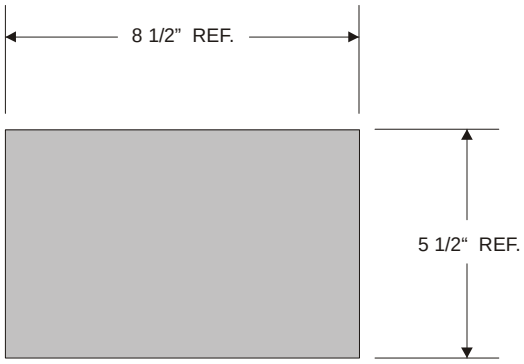

X7 TOTAL-BODY ELLIPTICAL CROSS-TRAINER

ASSEMBLY and USER INSTRUCTIONS

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08/07

1. Introduction

1.1 Welcome / Safety / Caution

Thank you for purchasing a Life Fitness Cross-Trainer. Before using this product, please read this user manual in its entirety to ensure that you have the knowledge to safely and properly operate all of the features of your Cross-Trainer. We hope you achieve the product experience that you expect, but if you do have any service issues, please go to the How to Obtain Product Service section which will provide information on obtaining product service.

FCC Warning - Possible Radio / Television Interference

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the user manual, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Class HB (Home): Domestic use. Not suitable for therapeutic purposes.

CAUTION: Any changes or modifications to this equipment could void the product warranty.

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative. There are no user-serviceable parts.

This Operation Manual describes the functions of the following products:

Life Fitness Cross-Tainer: X7

See Section 9, titled *Specifications* page in this manual for product-specific features.

Statement of Purpose: The Life Fitness Cross-Trainer is an exercise machine that combines low-impact elliptical pedaling with push/pull arm motion to provide an efficient, effective total body workout.

Health-related injuries may result from incorrect or excessive use of exercise equipment. The manufacturer STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease; or is over the age of 45; or smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. The manufacturer also recommends consulting a fitness professional on the correct use of this product.

If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

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The Safety Of The Cross-Trainer Can Be Maintained Only If The Equipment Is Examined Regularly For Damage Or Wear. If Maintenance Is Required, Keep The Equipment Out Of Use Until Defective Parts Are Repaired Or Replaced. Pay Special Attention To Parts That Are Subject To Wear Outlined In The Preventative Maintenance Schedule.

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1.3 IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the Cross-Trainer.

SAFETY WARNING: The safety of the product can be maintained only if it is examined regularly for damage and wear. See Preventative Maintenance section for details.

- Before using this product, it is essential to read this ENTIRE operation manual and ALL instructions. The Cross-Trainer is intended for use solely in the manner described in this manual.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when used by or near children, invalids or disabled persons.
- Never insert objects into any opening in the Cross-Trainer. If an object should drop inside, carefully retrieve it. If the item is beyond reach, contact Customer Support Services.
- Never place liquids of any type directly on the unit, except in an accessory tray. Containers with lids are recommended.
- Do not use the Cross-Trainer outdoors, near swimming pools or in areas of high humidity.
- Keep all loose clothing, shoelaces, and towels away from the Cross-Trainer pedals.
- Keep the area around the Cross-Trainer clear of any obstructions, including walls and furniture.
- Use caution when mounting or dismounting the Cross-Trainer. While exercising, always hold onto the user arms or stationaary handle-bar.
- Never operate a Life Fitness product if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the power cord as a handle.
- Do not run the power cord on the floor under or along side of the Cross-Trainer.

- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the Cross-Trainer in bare feet.
- Do not tip the Cross-Trainer on its side during operation.
- Keep hands and feet away from all moving parts.
- To ensure proper functioning of this product, do not install attachments or accessories that are not provided or recommended by Life Fitness.
- Use this product in a well-ventilated area.
- Use this product on a solid, level surface.
- Make sure that all components are fastened securely.

The heart rate hand pulse sensors provide an approximate heart rate value. The sensors are not medical devices and should not be used in any type of medical application.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

DANGER - To reduce the risk of electrical shock:

- Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

SAFETY WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not used attachments not recommended by the manufacturer.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- Do not carry this appliance by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE.

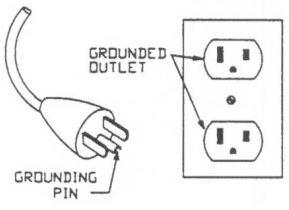
GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

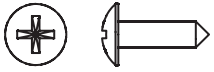
This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in the figure. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Figure
Grounding methods



2. Assembly Instructions

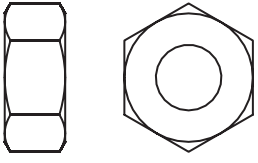
Parts List:



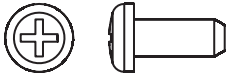
12 mm Black Phillips Head Screw

8mm Black Phillips Head Screw

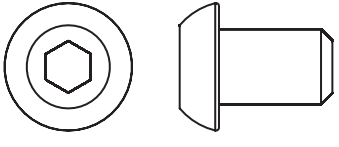
8 mm Clear Zinc Phillips Head Screw



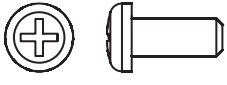
M10 Hex Nut



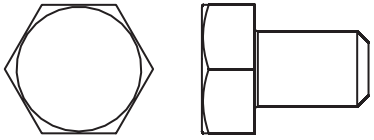
12mm Black Phillips Head Screw (Console Mounting)



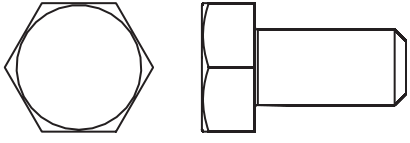
15mm Button Head



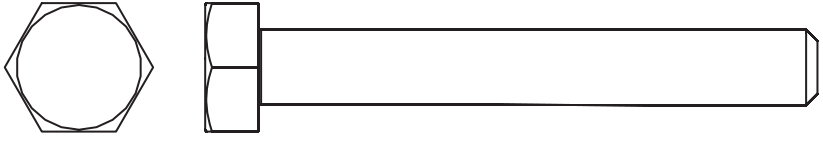
12mm Clear Zinc Phillips Head Screw



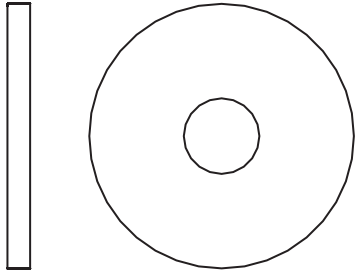
M10 X 15mm Hex Head Bolt



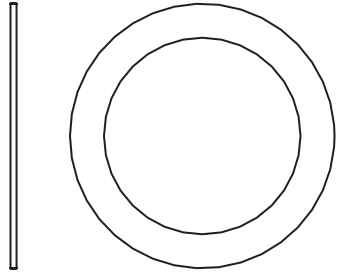
M10 X 20mm Hex Head Bolt



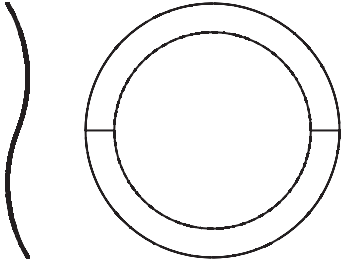
M10 X 74mm Hex Head Bolt



Flat Washer 10mm ID



Large Flat Washer



Wave Washer

Tools Needed:

6mm Allen Wrench (Included), 17mm Socket Wrench, Phillips Screwdriver

Step 1 Packaging

Parts: None

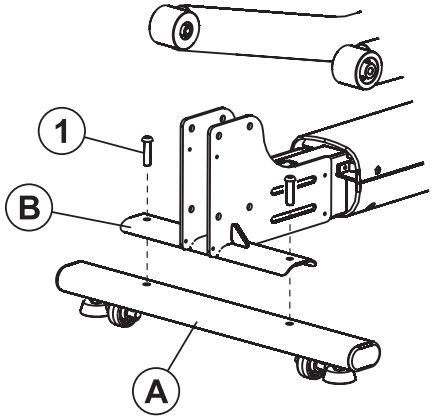
Remove all packaging and place main components to the side of the box. Break box down in each of the four corners.

Step 2 Assemble the Stabilizers

Parts: Hardware Bag #1 (4, 15mm Long Black Button Head Bolts)

Tools: 6mm Allen Head Wrench (Included)

Assemble the stabilizer tubes (feet) (A) to the bottom base brackets (B) of the product using two 40mm Long Button Head Bolts (1) on each stabilizer tube. Both stabilizer tubes (feet) are identical.



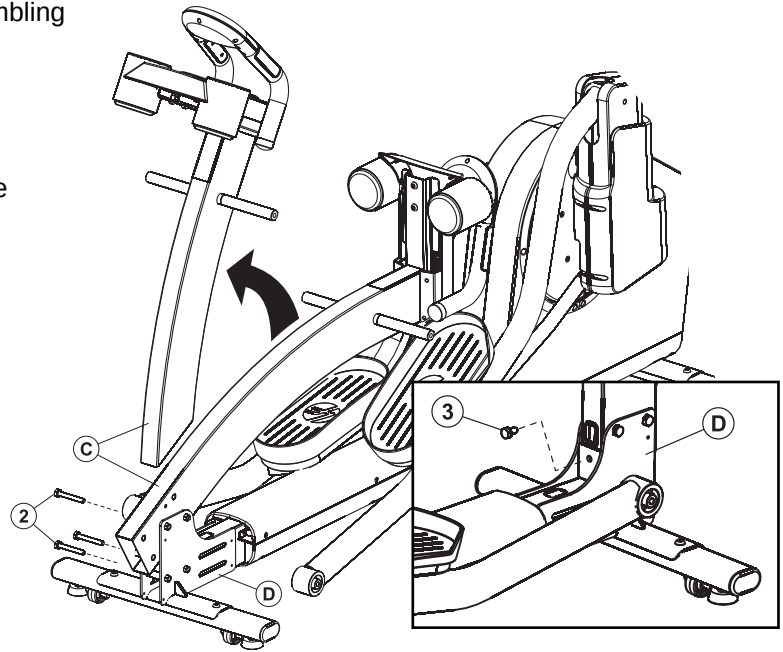
Step 3 Assemble the Console Upright

Parts: Hardware Bag #2 (3, 74mm Long Silver Hex Head Bolts)
(1, 20mm Long Silver Hex Head Bolt)

Tools: 17mm Socket Wrench

The console upright tube (C) is pre-assembled with one bolt so that you can simply lift the upright into place by pivoting upward. Hold the upright in place and install three 74mm Long Hex Head Bolts (2) into the side of the main bracket (D). Install one 20mm Long Hex Head Bolt (3) into the front of the bracket.

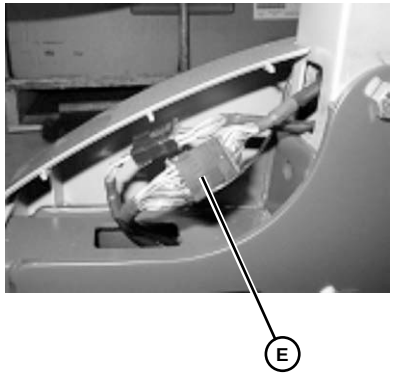
CAUTION: Do not pinch wires when assembling the upright.



Step 4 Connect Base Wiring

Parts: None

Connect the two wires (E) at the base of the upright.



Step 5 Assemble the Rocker Arms; Moving Arm Pivot Covers

Parts: Hardware Bag #3 (2, Wave Washers, 2 Large Flat Washers)
(2, Flat Washers)
(2, 20mm Long Hex Head Bolts)
(4, 8mm Long Black Phillips Head Screws)

Tools: 17mm Socket Wrench, Phillips Screwdriver

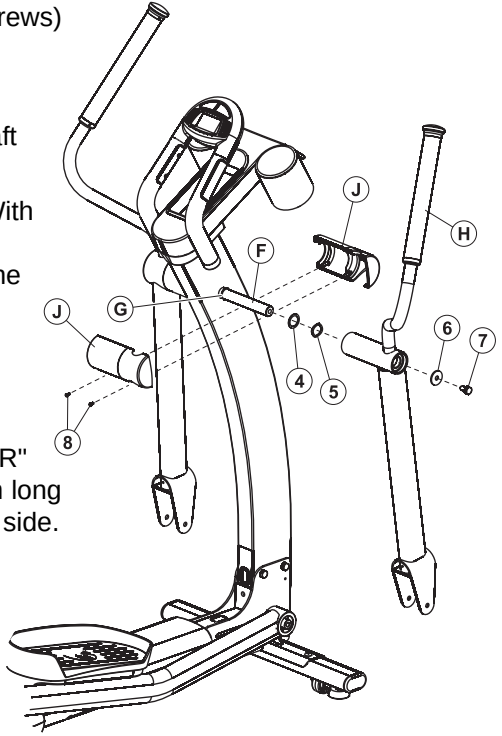
Slide one large flat washer (4) and one wave washer (5) onto the user right pivot shaft (F). Slide the washers fully over the pivot shaft until seated against the pre-installed stop ring (G).

Locate the user right rocker arm assembly (H) marked with a R. With the top handgrip facing the front of the units slide the right rocker arm assembly onto the user right pivot shaft until seated against the washers.

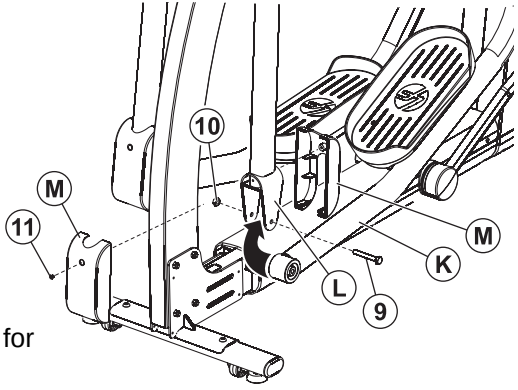
Secure the rocker arm assembly to the pivot shaft using one flat washer (6) and one 20mm long hex head bolt (7). Tighten the bolt securely. Repeat the procedure for the left rocker arm assembly.

Attach the right side upper pivot covers (J) labeled with the letter "R" over the upright shaft. Snap the covers together and use two 8mm long black Phillips head screws (8) to attach the covers. Repeat for left side.

CAUTION: There is a different left and right cover.



Step 6 Assemble Moving Arms to Pedal Arms; Pedal / Moving Arm Joint Pivot Covers



Parts: Hardware Bag #4 (2, 74mm Long Hex Head Bolts)
(2, M10 Hex Nuts)
(4, 8mm Black Phillips Screws)

Tools: 17mm Socket Wrench, Phillips Screwdriver

Lift the front end of the user left pedal lever (K) to meet the left rocker arm clevis (L). Secure the pedal lever to the rocker arm clevis using one 74mm Long Hex Head Bolts (9) and one 10mm Hex Nuts (10). Tighten the bolt and nut securely. Repeat the procedure for the right pedal lever and rocker arm clevis.

Attach the left side lower pivot covers (M) over the moving arm/pedal arm pivot point. Snap the cover together over the moving arm/pedal arm pivot point and use two 8mm Black Phillips Screws (11) to attach. Repeat for right side.

NOTE: Left and right covers are identical.

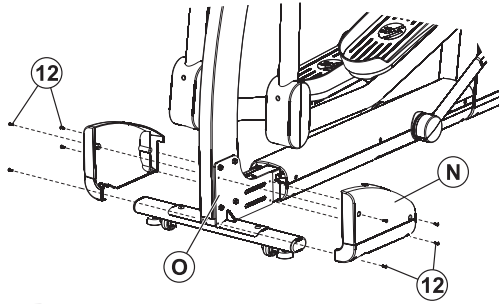
Step 7 Assemble Front Base Shroud; Console Bracket to the Upright

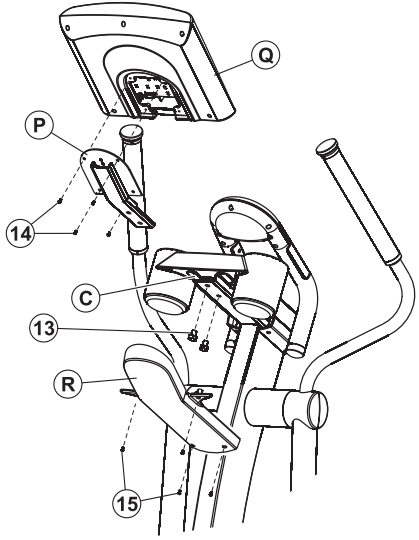
Parts: Hardware Bag #5 (8, 12mm Long Clear Zinc Phillips Head Screws)
(2, M10 x 15mm Hex Head Bolts)

Tools: Phillips Screwdriver, 17mm Socket Wrench

Position the left side base shroud (N) over the metal bracket (O) and screw in with four 12mm Long Black Phillips Head Screws (12). Repeat for the right side base shroud.

Slide the console bracket (P) into the upright. Use two M10 x 15mm Hex Head Bolts (13) to attach the console bracket to the upright.





Step 8 Connect all Console Wiring; Console to Console Bracket; Back Plastic Shell

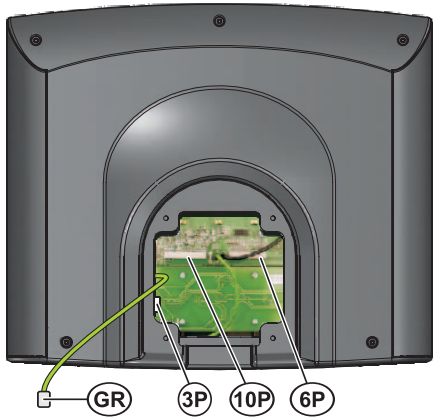
Parts: Hardware Bag #6 (4, 12mm Long Black Phillips Screws)
(4, 8mm Clear Zinc Screws)

Tools: Phillips Screwdriver

Position the console (Q) close to the console bracket (P) and follow the below instructions to connect all wiring.

Plug cables into the back of the display console:

1. Plug the 10-pin connector at the end of the upper wire harness into the 10-pin connector (10P) in the back of the display console. Make sure the connector snaps into place.
2. Plug the 3-pin connector at the end of the heart rate cable into the 3-pin connector (3P) in the back of the display console. Make sure the connector snaps into place.
3. Plug in the flat 6-pin (6P) connector for the Activity Zone.
4. Push excess cable(s) into the opening of the upright tube assembly.
5. Plug the spade connector attached to the console plate into the connector (GR) leading from the back of the display console.



Line up the four holes in the console bracket with the four holes in the back of the display console. Attach the display console using four 12mm Long Black Phillips Screws (14). Be careful not to pinch cables between the console and the console bracket. Be sure to get each screw started before fully tightening.

NOTE: To avoid stripping, do not overtighten the screws.

Attach the plastic shell (R) that covers the steel bracket in the back of the console using four 8mm Silver Screws (15).

Step 9 Plug In the Unit

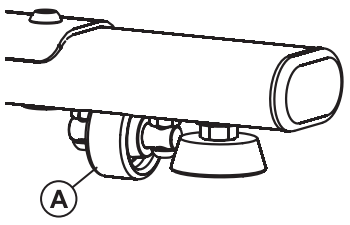
Parts: Electric Cord

Plug the black cord into the back of the machine and into a household electrical outlet.

3. Initial Setup

Read the entire User Manual before setting up the exercise bike.

Where to Place the Cross-Trainer



After following all safety instructions move the cross-trainer to the place where it will be used. See specifications for full dimensions if needed. The cross-trainer is equipped with front and rear wheels so that it is simple to push or pull the cross-trainer to its final destination. To use the wheels make sure that the front and rear stabilizers are twisted up far enough so that all wheels (A) can engage with the floor. Once the cross-trainer is properly positioned, allow enough space in the front of the cross-trainer for the movement of the pedals levers. Also be sure to allow space on the side so that it is easy to mount the cross-trainer from the side.

CAUTION: Make certain you have plenty of room for the swing of the moving arms. Test the cross-trainer at all stride lengths before finalizing its location.

CAUTION: Place cross-trainer in a dry place. Do not place in highly humid areas, like near swimming pools, as rust and corrosion may occur.

How to Stabilize the Cross-Trainer

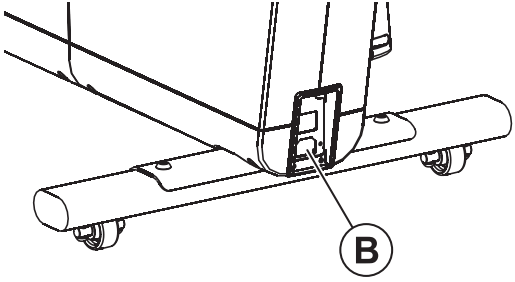
Once the cross trainer is positioned in the room lower the levelers on the front and back stabilizers to contact the floor. The levelers will keep the cross trainer fixed to the floor while using it.

CAUTION: Do not use the cross trainer without the levelers touching the floor.

After placing the cross-trainer where it will be used, check the stability. If there is even a slight rocking motion, or the unit is not stable the levelers will need to be adjusted. Determine which leveler is not resting firmly on the floor. To adjust the levelers downward twist the rubber portion of the leg counterclockwise. To adjust the levelers upward twist the rubber portion of the leg clockwise.

Powering Up the Cross-Trainer

Your Life Fitness cross-trainer may come with either a U.S. power supply or one of several international power supplies. Insert the appropriate power adapter jack into the connector (B) on the back of the cross-trainer. Then insert the plug into the wall outlet. Make sure the cord is placed so it doesn't bind and will not be walked on. Turn the power switch to on. Once the unit is turned on the cross-trainers stride length will auto-calibrate. Wait one minute to allow for the calibration to complete. Then check that both the main LCD display and activity zone LCD light up. If not, recheck the plug and the wall connections and make sure the wall outlet has power.



4. Main Features

Mounting the Machine

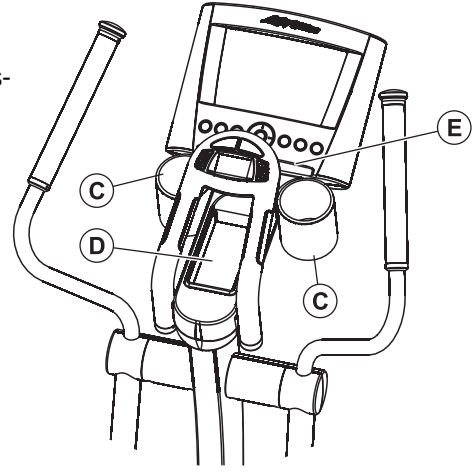
When mounting the machine it is recommended that the pedal closest to you is in its lowest position. This can be done by pushing the arms to rotate the pedal until it is centered to the side of you at its lowest position. It is also recommended that the stride length is set to 18 inches. At 18 inches the pedal will be in its lowest position. If you are standing to the left side of the machine, when facing the console, place your left foot on the pedal closest to you and then swing your right leg over to the right pedal. Use the stationary handle bar to stabilize yourself.

Stride Length for Different Users

The X7 has 7 different stride lengths from 18 inches to 24 inches. While it is fine for all size users to utilize any of the stride lengths, research has shown that shorter users may prefer a shorter stride length while taller users may prefer a longer stride length.

Accessories

The X7 comes standard with two blue water bottle holders (C) and one blue accessory tray (D). All are easily removable and safe to place on the top shelf of a standard consumer dish washer. The X7 console also includes a reading ledge (E) that can be used to place a book or magazine on the machine to better enjoy your workout.



Contact Heart Rate

The X7 includes hand pulse sensors on the stationary handle bar that are a built-in heart rate monitoring system. During a workout grasp the hand pulse sensors to monitor your heart rate. If your console comes equipped with a heart rate chest strap we recommend using it during workouts and using the hand pulse sensors to only to occasionally monitor your heart rate when not using the chest strap. In addition, to utilize heart rate controlled workouts the chest strap must be used. For the most accurate reading, use a comfortable grip. The console will show a heart rate reading after 15 to 20 seconds.

Hand pulse sensors can work differently with different body types. With some individuals it can be very difficult to extract a heart rate reading. Follow the below tips to improve the heart rate reading.

- Remove your hands from the heart rate sensors and wait for the heart rate display to clear. Grasp sensors again.
- Make sure hands are fully contacting the sensors.
- Dry hands periodically during use.
- Limit movement.
- Clean hand pulse sensors.

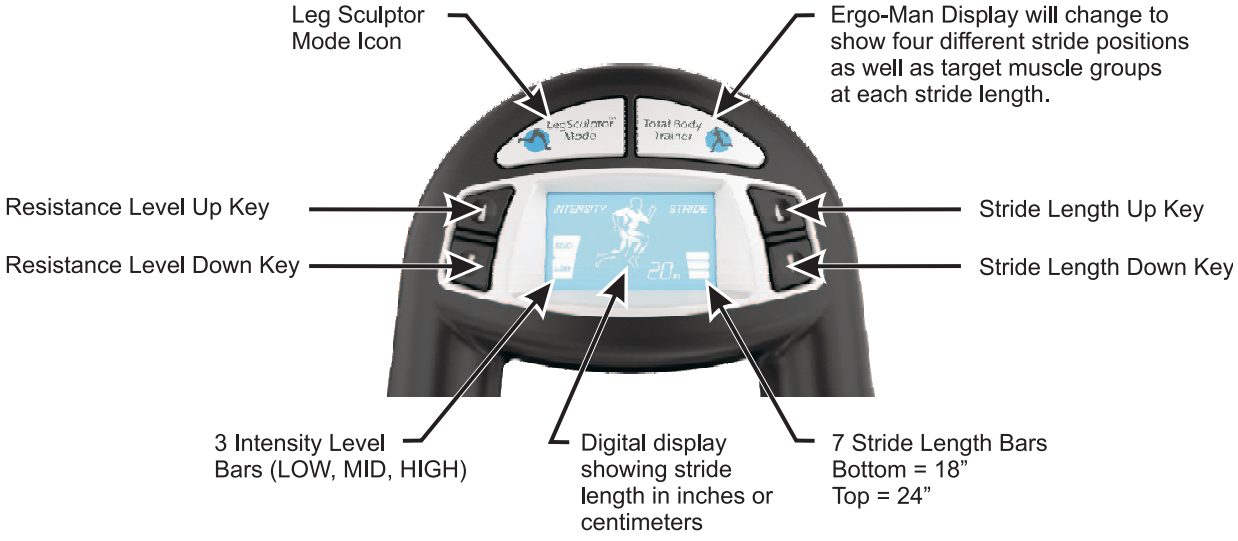
Note: The heart rate hand pulse sensors provide an approximate heart rate value. The sensors are not medical devices and should not be used in any type of medical application.

FlexPedal™ Shock Absorption System

The FlexPedal Shock Absorption System utilizes patented Life Fitness LifeSpring cushioning in the front of the pedal to provide you with extra comfort during workouts. This technology is the same cushioning technology used in all Life Fitness treadmill decks. The design intent of the pedal is to promote more ankle joint movement during stride push through to encourage a more natural feeling stride.

5. Activity Zone

The X7 activity zone places the most used keys and display attributes closer to the user so that it is more convenient to make adjustments during a workout. Think of the activity zone as cruise control settings on your car's steering wheel. The controls are placed in a location that is easily reachable to make driving safer and more convenient or in this case make exercise safer and more convenient. The activity zone includes UP/DOWN level keys, UP/DOWN stride keys, LegSculptor Mode, and Total Body Trainer Mode.


Leg Sculptor Mode Icon
Ergo-Man Display will change to show four different stride positions as well as target muscle groups at each stride length.
Resistance Level Up Key
Resistance Level Down Key
Stride Length Up Key
Stride Length Down Key
3 Intensity Level Bars (LOW, MID, HIGH)
Digital display showing stride length in inches or centimeters
7 Stride Length Bars Bottom = 18” Top = 24”

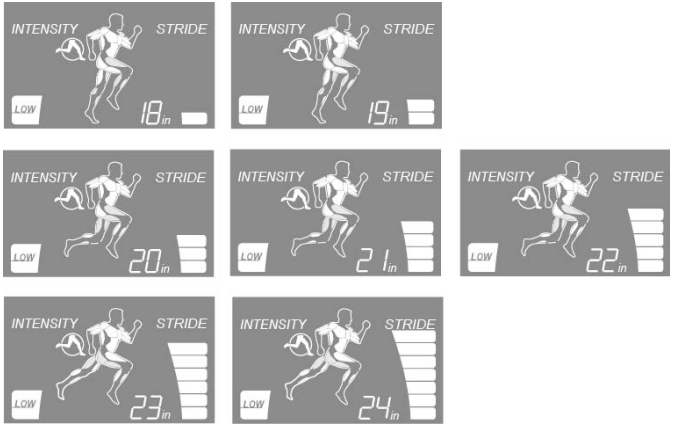
5.1 Stride Length Functionality

Key Press

The stride up and down keys can be pressed any time the machine is on. The stride up and down keys are used to adjust the length of the stride from 18 inches to 24 inches. The stride length can be adjusted in one inch increments so there are 7 total adjustments (18", 19", 20", 21", 22", 23", 24").

Note: One key press is needed for each stride adjustment. Do not press and hold.

Display Changes



When the stride is adjusted the activity zone display is changed in three separate areas. The first display change is digital stride length. This is where the numeric value for stride is displayed such as 18 inches. The second display change for stride length is the graphical bars located on the right side of the display. The bottom bar represents a stride length of 18 inches while the top bar represents a stride length of 24 inches. The third display change for stride length is the ergo-person. When the stride is adjusted the ergo-person's leg positions change at certain stride ranges and the target muscle groups at that stride length blink. While all lower body muscles are engaged during exercise, specific stride length ranges better target specific muscle groups. At the shorter stride lengths of 18-19 inches the targeted muscle groups are the calf and quadriceps. At the mid stride lengths of 20-22 inches the targeted muscle groups are the quadriceps and hamstrings. At the longest stride lengths, 23-24 inches, the hamstrings and the gluteus are the targeted muscle groups.

Note: The display will not change when pedaling forward or reverse. When pedaling forward the calf and quadriceps muscles are more active and when pedaling in reverse the hamstring and gluteus muscles are more active.

5.2 Resistance Level & Intensity Level Functionality

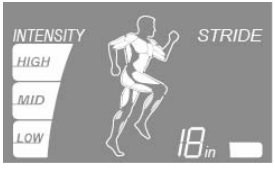
Key Press

The resistance level up and down keys will ONLY function after a workout has been selected and started on the main console. The level keys control the actual brake resistance level (1-20) during a quick start or manual workout and an overall difficulty level (1-20 with corresponding ranges for each level) when in the programs random, hill, ez incline, & sports training.

Upper Console Display Changes

When the up/down level keys are pressed the digital reading for actual resistance level or difficulty level, depending on which program is selected, changes on the main console.

Activity Zone Display Changes



The activity zone has a separate and different level reading than the main console. Intensity level is displayed on the activity zone and provides three readings that show a general intensity level of LOW, MID, or HIGH. The intent of this display is to provide you with a gauge to show you your current workout intensity level.

5.3 Total Body Trainer Mode Functionality

The Total Body Trainer Mode key is used to turn Total Body Trainer Mode on or off. The mode can only be activated after a workout has been selected and only in the manual, random, hill, EZ incline, and sports training workouts. All messaging for Total Body Trainer Mode is on the main console display. Please see the console user manual for details regarding Total Body Trainer.

5.4 Leg Sculptor Mode Functionality

Key Press

The Leg Sculptor Mode key is used to turn the mode on or off. It can be pressed at any time; although it is recommended to use Leg Sculptor mode after a workout has been selected. See the Leg Sculptor Mode section for more detailed information.

Note: If you stop pedaling for 30 seconds Leg Sculptor mode will be deactivated.

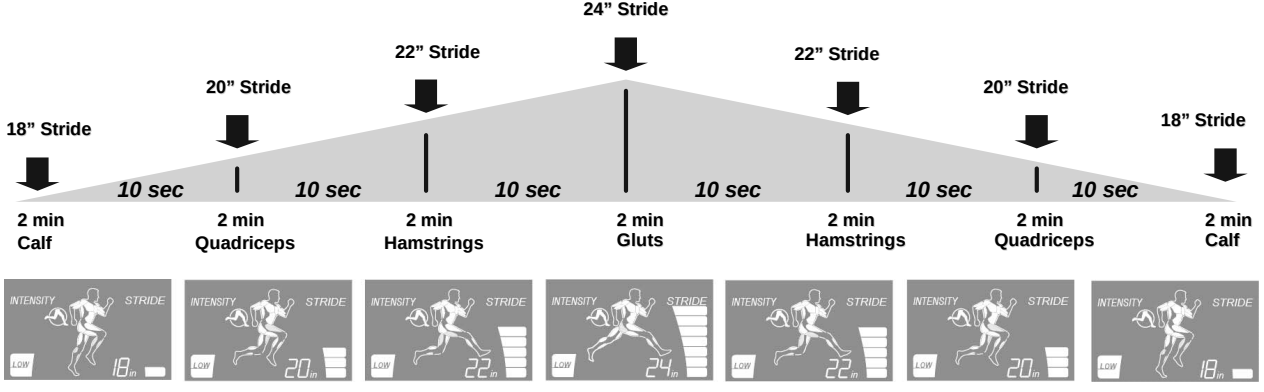
Display Changes

After Leg Sculptor Mode is activated the activity zone display will show an icon of the lower body. When the mode is de-activated the icon will disappear.

6. Leg Sculptor Mode

Leg Sculptor is a mode designed to work all lower body leg muscle groups by automatically adjusting the stride length. The Leg Sculptor Mode key is located on the upper-left portion of the activity zone.

Press the Leg Sculptor mode key once to activate the mode and twice to deactivate the mode. Leg Sculptor mode can be overlaid on any workout. It automatically adjusts the stride every two minutes by two inches. In this mode you will not be able to make manual stride length adjustments using the stride up/down keys. Note that if you do not pedal or press a key for 30 seconds Leg Sculptor mode will be automatically deactivated.



7. Settings Menu

The settings menu contains setup options to customize the use of your machine. The options included within the settings menu are Contrast (CO), Units (Un), Language (LA), and Audio (AU). Since the display does not have any messaging capability the abbreviations CO, Un, LA, and AU are used in the digital stride display area.

7.1 Navigating the Settings Menu

Entering the Settings Menu

To enter the settings menu make sure the activity zone is illuminated, but a workout is NOT in progress. Press and hold the Leg Sculptor Key for three plus seconds then press the Stride Down Key. The display will beep consecutively three times and display the text "settings" in the lower left corner.

Adjusting Settings Menu Options

To make adjustments to the settings menu options use the up and down stride length keys.

Scrolling Through Settings Menu Options

Press the Leg Sculptor key to accept a setting or value and move to the next settings menu option.

Auto Enter Feature

Auto-enter is always active in the settings menu. Auto-enter will automatically save and scroll to the next settings menu option after 20 seconds without a key press.

Exiting the Settings Menu

The settings menu is exited upon scrolling past the last settings option. Press the Leg Sculptor key on the final settings menu option, Sleep (SL), to exit the settings menu. In addition, if there is no key press after 20 seconds in the Sleep (SL) option the settings menu will be exited.

Leg Sculptor Key
Used to save changes and scroll to the next setting option. Upon pressing on final settings menu option the settings menu is exited.

Stride Up Key
Used to increment values or settings in the settings menu

Stride Down Key
Used to decrement values or settings in the settings menu. Hold in the stride down key for 3+ seconds to enter settings menu

7.2 Settings Menu Options

Audio

The audio option allows you to turn the audio or beeps on or off for the Leg Sculptor key, Stride Down key, and Stride Up key. To turn the audio off for the Total Body Trainer key, Level Up key, and Level Down key you must turn the audio or beeps off on the main console. This is because the Total Body Trainer, Level Up, and Level Down keys cause the main console to beep and not the activity zone. In summary if you would like to turn all sound on/off make sure to turn the audio on/off on the main console and X7 activity zone display. See the main console user manual for steps on turning audio on/off on the main console. Follow the below instructions to turn audio on/off for the Leg Sculptor key, Stride Down key, and Stride Up key.

AUDIO ADJUSTMENT INSTRUCTIONS

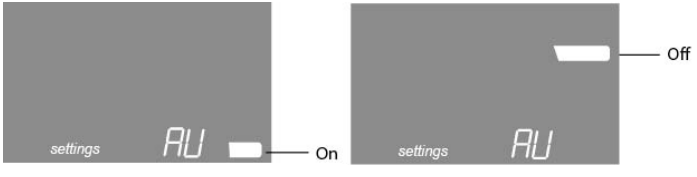
Step 1. Press and hold the Leg Sculptor Key for three plus seconds then press the Stride Down Key.

Step 2. The first option to appear should be Audio (AU).

To adjust the audio from ON to OFF or vice versa press the stride length up or down key. The bottom stride length level bar represents Audio ON and the top stride length level bar represents Audio OFF.

Step 3. To select the desired adjustments press the Leg Sculptor key once. This will save any changes you have made to audio and advance you to the next settings menu option.

Step 4. To exit the settings menu continue to press the Leg Sculptor key to scroll through all menu options. Upon pressing the Leg Sculptor key on the final menu option the settings menu will be exited.



SLEEP MODE

Sleep mode turns the activity zone backlight off. When sleep mode is turned ON the display lighting is programmed to turn off after 5 minutes with no pedaling or no key press. Once you decide to use the machine you can simply begin pedaling or press the stride up or stride down keys to wake the display and turn the LCD backlight on. When Sleep mode is turned off the LCD backlight will remain illuminated unless the power supply is turned off.

SLEEP ADJUSTMENT INSTRUCTIONS

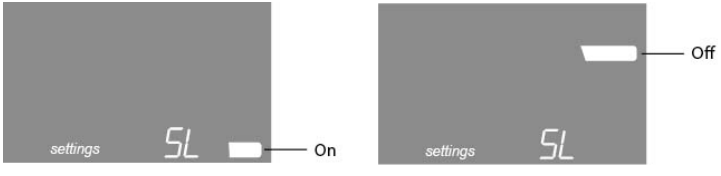
Step 1. Press and hold the Leg Sculptor Key for three plus seconds then press the Stride Down Key.

Step 2. The first option to appear should be Audio (AU). To scroll to Sleep press the Leg Sculptor key once. Sleep (SL) should be displayed.

Step 3. To adjust Sleep from ON to OFF or vice versa press the stride length up or down key. The bottom stride length level bar represents Sleep ON and the top stride length level bar represents Sleep OFF.

Step 4. To select the desired adjustments press the Leg Sculptor key once. This will save any changes you have made to audio and advance you to the next settings menu option.

Step 5. To exit the settings menu continue to press the Leg Sculptor key to scroll through all menu options. Upon pressing the Leg Sculptor key on the final menu option the settings menu will be exited.



CONTRAST

Contrast is the difference between the appearance of the on and off graphics of the LCD display. If the illuminated graphics are difficult to see or read the contrast can be adjusted in the settings menu. There are three contrast adjustments, LOW, MID, & HIGH. Follow the below instructions to adjust contrast.

CONTRAST ADJUSTMENT INSTRUCTIONS

Step 1. Press and hold the Leg Sculptor Key for three plus seconds then press the Stride Down Key.

Step 2. The first option to appear should be Audio (AU). To scroll to Contrast press the Leg Sculptor key twice. Contrast (CO) should be displayed.

Step 3. The bars located to the left display the current contrast setting. If you would like to modify the contrast press the stride up or down key to adjust from the LOW, MID, and HIGH settings. The appearance of the display will slightly change with each adjustment.

Step 4. To select the desired adjustments press the Leg Sculptor key once. This will save any changes you have made to contrast and advance you to the next settings menu option.

Step 5. To exit the settings menu continue to press the Leg Sculptor key to scroll through all menu options. Upon pressing the Leg Sculptor key on the final menu option the settings menu will be exited.

UNITS

The unit option allows you to change the stride length units from inches to centimeters or vice versa. Follow the below instructions to adjust units.

UNIT ADJUSTMENT INSTRUCTIONS

Step 1. Press and hold the Leg Sculptor Key for three plus seconds then press the Stride Down Key.

Step 2. The first option to appear should be Au (Audio). To scroll to units press the Leg Sculptor key three times. Units (Un) should be displayed.

Step 3. To adjust the units from inches to centimeters or vice versa press the stride length up or down key. The display will toggle between "in" and "cm."

Step 4. To select the desired adjustments press the Leg Sculptor key once. This will save any changes you have made to units and advance you to the next settings menu option.

Step 5. To exit the settings menu continue to press the Leg Sculptor key to scroll through all menu options. Upon pressing the Leg Sculptor key on the final menu option the settings menu will be exited.

LANGUAGE

The language option allows you to change the text for INTENSITY and STRIDE to the same translated terms in the German language. Follow the below instructions to adjust the language.

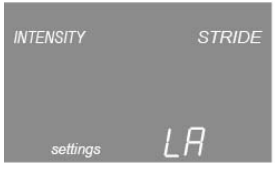
LANGUAGE ADJUSTMENT INSTRUCTIONS

Step 1. Press and hold the Leg Sculptor Key for three plus seconds then press the Stride Down Key.

Step 2. The first option to appear should be Au (Audio). To scroll to units press the Leg Sculptor key four times. Language (LA) should be displayed.

Step 3. To adjust the language from English to German or vice versa press the stride length up or down key. The display will toggle between the English and German text.

Step 4. To select the desired adjustments press the Leg Sculptor key once. This will save any changes you have made to language and exit the settings menu.



8. Service & Product Maintenance

8.1 Troubleshooting

No Power

Check to see that the power cord is fully plugged into the back of the cross-trainer and into the wall. Make sure the power switch is turned on and that the power cord is fully seated into the back of the cross-trainer.

Hand Pulse Sensors Not Working or Not Accurate

Hand pulse sensors can work differently with different body types. With some individuals it can be very difficult to extract a heart rate reading. Follow the below tips to improve the heart rate reading.

- Remove your hands from the heart rate sensors and wait for the heart rate display to clear. Grasp sensors again.
- Make sure hands are fully contacting the sensors.
- Dry hands periodically during use.
- Limit movement.
- Clean hand pulse sensors.
- May need to wait longer for heart rate to display.

Note: The heart rate hand pulse sensors provide an approximate heart rate value. The sensors are not medical devices and should not be used in any type of medical application.

Warning: Chest strap heart rate reading overrides contact heart rate.

Stride Length Adjustment Not Working

Turn the power off on the cross-trainer. Turn the power back on after 30 seconds and try the stride adjustment again.

Stride Length is Automatically Changing

Check to see if the Leg Sculptor mode is turned on. When on, the Icon Leg Sculptor key is illuminated. Leg Sculptor automatically adjusts the stride every 2 minutes during a workout. To turn Leg Sculptor mode off press the Leg Sculptor key.

Stride Adjustment Seems Loud

Some noise is normal. The sound of the motors will vary depending on the load.

Stride Length Feels Longer on One Side

Turn the unit off. Turn the unit on after 30 seconds and check to see if the stride length still feels longer on one side.

Total Body Arms Feel Loose

Remove the moving arm pivot covers and check to make certain the bolt holding the total body arms in place is fully tightened. If the total body arms still feel loose, you may need to disassemble the total body arms and make sure all of the proper hardware from the assembly instructions was used.

Activity Zone Keeps Turning Off

The activity zone is preset to turn the backlight off after 5 minutes in order to save power and LCD life. If you would like the display to always be turned on sleep mode can be turned off in the settings menu.

When Activity Zone Turns Off the Stride Changes

The stride will always return to the home position of 18 inches (46 cm) when entering sleep mode. This is so the next time you get on the cross-trainer it is at its lowest position. Sleep mode is a setting that turns the display backlight off to save power and LCD life. It is preset to 5 minutes. If you would like the display to always be turned on sleep mode can be turned off in the settings menu.

When Activity Zone Wakes Up the Stride Changes

When the activity zone wakes up from sleep mode the stride length adjust to the last stride position used before sleep mode was entered. Sleep mode is a setting that turns the display backlight off to save power and LCD life. It is preset to 5 minutes. If you would like the display to always be turned on sleep mode can be turned off in the settings menu.

Activity Zone Displays E5

One of the keys on the activity zone is stuck in the pressed-in position. Check to see if you can dislodge the Leg Sculptor, Stride Up, or Stride Down key. If the key is dislodged E5 will disappear.

Activity Zone Displays Settings and Won't Work

You have accessed the settings menu. To exit the settings menu press the Leg Sculptor Key until settings has been exited.

Activity Zone Displays Strange Information in the Digital Display

You may have accessed the settings menu or diagnostics menu. To exit both menus continue to press the Leg Sculptor key until the menu is exited.

Noise from Pedals

Some noise from the pedals is normal. It will vary depending on the weight of the user. Check accessible hardware beneath pedal to make certain it is tight.

Can't Feel the Pedal Cushioning

The cushioning in the pedals is located beneath the front of the pedal. The pedals are designed to deflect a ½ inch. Depending on your weight the pedals will flex differently. It may be difficult to feel the deflection during a workout because of your movement.

Start-up Resistance Seems Very Difficult

Turn the unit off and then on again.

Can't Feel a Resistance Change at the Beginning Levels

The resistance curve of the cross-trainer is designed so that you can feel a greater difference in resistance at higher levels.

Errors E1 - E4

Error codes E1 through E4 indicate an issue with the stride motor reaching the home position. Turn the unit off and then back on again to return the motors to their home position.

8.2 Preventative Maintenance Tips

The safety of the cross-trainer can be maintained only if the equipment is examined regularly for damage or wear. If maintenance is required, keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear outlined in the Preventative Maintenance Schedule.

The following preventative maintenance tips will keep the cross-trainer operating at peak performance.

- Locate the cross-trainer in a cool, dry place
- Clean the top surface of the pedals when needed
- Use a 100% cotton cloth, lightly moistened with water or a mild liquid cleaning product, to clean the product. Other fabrics, including paper towels, may scratch the surface of the product. Do not use ammonia or acid-based cleaners. At no time should cleaner be applied directly to the machine.
- Long fingernails may damage or scratch the surface of the console or activity zone; use the pad of the finger to press the keys.

8.3 How to Obtain Product Service

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and document the serial number of the unit. The serial number plate is located on the front stabilizer, below the shroud.
3. Contact Customer Support Services via the Web at: www.lifefitness.com, or call the nearest Customer Support Services group:

For Product Service within
the United States and Canada:

Telephone: (+1) 847.451.0036
FAX: (+1) 847.288.3702
Toll-free telephone: 800.351.3737

For Product Service
Internationally:

Life Fitness Europe GmbH
Telephone: (+49) 089.317.751.66
FAX: (+49) 089.317.751.38

Life Fitness (UK) LTD
Telephone: (+44) 1353.665507
FAX: (+44) 1353.666018

Life Fitness Atlantic BV
Life Fitness Benelux
Telephone: +31 (0) 180 64 66 66
FAX: +31 (0) 180 64 66 99

Life Fitness Italia S.R.L.
Telephone: (+39) 0457.237.811
FAX: (+39) 0457.238.197
Toll-free telephone: 800.438836

Life Fitness Vertriebs GmbH
Telephone: (+43) 1615.7198
FAX: (+43) 1615.7198.20

Life Fitness Asia Pacific Ltd
Telephone: (+852) 2891.6677
FAX: (+852) 2575.6001

Life Fitness Latin America
and Caribbean
Telephone: (+1) 847.288.3964
FAX: (+1) 847 288.3886

Life Fitness Brazil
Telephone: (+55) 11.7295.2217
FAX: (+55) 11.7295.2218

Life Fitness Japan
Telephone: (+81) 3.3359.4306
FAX: (+81) 3.3359.4307

Life Fitness Iberia
Telephone *: (+34) 93 672 4660*
FAX *: (+34) 93 672 4670*

9. SPECIFICATIONS

Designed Use:	Home
Max User Weight:	400 lbs / 182 kilograms
Resistance System:	Eddy Current
Stride Length:	18 inches to 24 inches (41cm to 61cm) (Adjustable in one inch increments)
Activity Zone User Controls:	Yes
Contact Heart Rate:	Yes
FlexPedal™ Shock Absorption System:	Yes
Accessories:	2 water bottle holders and 1 accessory tray
Power Supply:	120 VAC, 60 Hz, 12 Amps or 230 VAC, 50Hz, 6.3 Amps

ASSEMBLED DIMENSIONS

Length	83 inches / 211 centimeters
Width	26 inches / 66 centimeters
Height	63 inches / 160 centimeters
Weight	250 pounds / 113 kilograms

SHIPPING DIMENSIONS:

Length	81.5 inches / 207 centimeters
Width	20 inches / 51 centimeters
Height	32 inches / 81 centimeters
Weight	310 pounds / 141 kilograms

10. Warranty Information

WHAT IS COVERED:

This Life Fitness consumer product ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED:

The original purchaser or any person receiving a newly purchased Product as a gift from the original purchaser.

HOW LONG IS IT COVERED:

Residential: All electrical and mechanical components and labor are covered, after the date of purchase, as listed on the chart at the end of this section.

Non-Residential: Warranty void (this Product is intended for residential use only).

WHO PAYS SHIPPING & INSURANCE FOR SERVICE:

If the Product or any warranted part must be returned to a service facility for repairs, Life Fitness will pay all shipping and insurance charges during the warranty period (within the United States only). The purchaser is responsible for shipping and insurance charges after the warranty has expired.

WHAT WE WILL DO TO CORRECT COVERED DEFECTS:

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

WHAT IS NOT COVERED:

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your User Manual ("Manual"). All terms of this warranty are void if this Product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness Representative.

WHAT YOU MUST DO:

Retain proof of purchase (our receipt of the attached registration card assures registration of purchase information but is not required); use, operate and maintain the Product as specified in the Manual; notify Customer Service of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair. Life Fitness reserves the right to decide whether or not a product is to be returned for repair.

USER MANUAL:

It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

PRODUCT REGISTRATION:

Register online at ***www.lifefitness.com/registration***. Our receipt assures that your name, address and date of purchase are on file as a registered owner of the Product. Failure to return the card will not affect your rights under this warranty. Being a registered owner assures coverage in the event you lose your proof of purchase. Please retain your proof of purchase, such as your bill of sale or receipt.

HOW TO GET PARTS & SERVICE:

Simply call Customer Service at 1-800-351-3737 or (+1) 847-288-3300, Monday through Friday from 8:00 a.m. to 5:00 p.m. Central Standard Time, and tell them your name, address and the serial number of your Product (consoles and frames may have separate serial numbers). They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located.

EXCLUSIVE WARRANTY:

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranties may vary outside the U.S. Contact Life Fitness for details.

CHANGES IN WARRANTY NOT AUTHORIZED:

No one is authorized to change, modify or extend the terms of this limited warranty.

EFFECT OF U.S. STATE LAWS:

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

WARRANTY PERIODS:

MODEL	LIFETIME	10 YEARS	7 YEARS	2 YEARS	1 YEAR
X7	Frame LifeSprings	Resistance System (Includes parts enclosed in flywheel - does not include servo motor)	Electrical Parts & Mechanical Parts (Base Unit)	Console (All LCD displays & circuit boards)	Labor

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